

November is Epilepsy Awareness Month

Minimize Holiday Temptations

A healthy diet can improve seizure control in individuals diagnosed with epilepsy. Studies have shown the ketogenic diet is helpful. However, “recent evidence has shown that less restrictive diets may also be helpful. The modified Atkins diet and the Low Glycemic Index treatment are two such diets that have been studied.”

During the upcoming holidays, it’s especially important to maintain a healthy diet. Here’s how:

Avoid simple sugars

Pass on processed fruits, sugary drinks, candies and sugar-laden desserts.

Eat whole, natural foods

Reach for foods that are minimally processed or not processed at all. A label listing more than 3 ingredients indicates the item has been processed.

Make one small change at a time

Instead of completely changing your current diet, start by making one small change, such as saying “no” to mashed potatoes or pie at Thanksgiving.

Fill up on fruits and vegetables

Fresh is best, but canned fruits and vegetables are nutritious, too, if packed in natural juices (not sugary fruit juices). Check the label for any added sodium.

Source: www.Epilepsy.com